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Asia-Pacific steps up in longevity medicine

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Manjit Sareen reflects on the first Asia-Pacific Longevity Medicine International Summit and the launch of a global directory for clinics.



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There was a palpable sense of optimism in Hong Kong as experts from around the world gathered for the region's first Longevity Medicine International Summit – a moment that signalled how far the field has come, and how much potential still lies ahead.

The first-ever Asia-Pacific Longevity Medicine International Summit (APAC-LMIS) (<https://www.apaclongevitysociety.org/>) in Hong Kong marked an important milestone for the region – bringing together clinicians, researchers, innovators and industry leaders to advance the science and practice of longevity medicine.

For me, it was especially meaningful to attend as part of our work on the **Longevity Clinics World Directory (LCW)** (<https://longevity.technology/clinics/>) – a new global initiative connecting evidence-based longevity clinics and helping set shared standards for best practice. The summit offered the perfect setting to introduce LCW to an audience that is actively shaping the future of longevity care.

A historic first in Hong Kong



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The summit gathered global leaders and innovators from across the region – a major step toward deeper collaboration across continents (<https://longevity.technology>) and disciplines.

Dr Tim Shi and his team did an outstanding job hosting and organizing the event, creating an atmosphere that was both professional and genuinely welcoming. Conversations about how to professionalize and network the longevity clinic ecosystem – the very aims of LCW – felt especially timely.

Pre-summit advanced training workshop

The pre-summit training offered valuable insights into the fundamentals of longevity medicine and the use of clinically proven technologies. It was fascinating to learn from international experts sharing best practices from leading longevity clinics – a true spirit of collaboration that set the tone for the days ahead.

Building a successful longevity clinic

I had the opportunity to speak during the pre-summit training, leading a session on how to build a successful longevity clinic. We covered everything from operations and technology to client experience and outcomes.

It was a pleasure to co-present with Dr Ana Baroni, CMO of LongevityTech.fund (<https://www.longevitytech.fund/en/home>) and a key member of the Healthy Longevity Clinic (<https://www.healthylongevity.clinic/>), whose clinical and scientific perspective enriched the discussion. Together, we explored how the emerging LCW platform can help clinics benchmark their progress and connect with peers globally.

Announcing the Longevity Clinics World Directory

In my second presentation, I was thrilled to officially announce the upcoming **Longevity Clinics World Directory (LCW)** (<https://longevity.technology/clinics/>) – a new global gateway for evidence-based longevity clinics. We shared how clinics can participate and become part of this growing ecosystem.

It was exciting to welcome early participants to our beta launch, including Healthy Longevity Clinic, Maison Epigenetic, Chi Longevity and Human Longevity.



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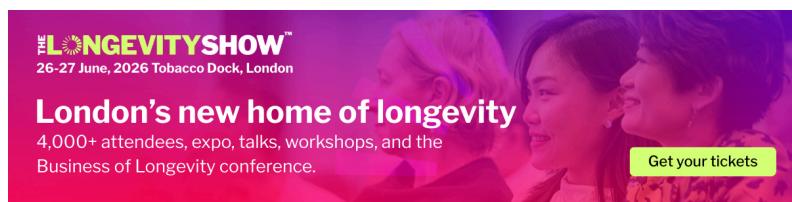
Delegates at the APAC-LMIS earlier this month

Supporting the Asia-Pacific Longevity Medicine Society

Another highlight was the introduction of the new **Asia-Pacific Longevity Medicine Society** (<https://www.apaclongevitiesociety.org/>), an important initiative to drive the region's progress in healthy longevity. We look forward to supporting its mission and contributing to its growth as the field continues to expand – and to seeing how LCW can serve as a bridge between regional networks.

Global perspectives and frameworks in longevity medicine

The first day offered a rich program of talks on the global longevity landscape – including insights from the blue zones and emerging frameworks that connect geroscience with clinical practice.



<https://longevityshow.com/>

It was particularly interesting to explore how Eastern and Western lifestyles and medical traditions shape health outcomes, offering complementary paths toward improved longevity.

Afternoon breakouts on innovation and standards

The afternoon sessions featured lively discussions around:

- Consensus standards and best practices for longevity clinics
- Artificial intelligence in longevity medicine
- The Global Top 10 Longevity Breakthroughs – showcasing cutting-edge therapies, innovations and accessible interventions reshaping the field

These sessions underscored how vital it is to have shared platforms – such as LCW – where best practice can evolve collectively.

VIP networking and collaboration

<https://longevity.technology/> – a wonderful opportunity to connect with leaders and pioneers in longevity medicine. Al Chalabi shared more about the APAC Longevity Medicine Summit initiative and the forthcoming white paper. We're excited to contribute to this important effort.

Manjit Sareen outlines the vision behind Longevity Clinics World

Deep dive into longevity medicine and technologies

The second day focused on the future of longevity medicine and the innovations transforming healthspan in the Asia-Pacific region. Topics included stem cells, muscle health, nutrition, mindfulness, and other science-backed strategies that are already changing clinical practice.

Understanding what longevity clients really want

One session that stood out was led by Samir Mitra from Reya.ai (<https://reya.ai/>), who perfectly summarized what longevity clients truly seek – support to feel and function at their best, make lasting lifestyle changes, and see measurable improvements in their health.

This aligns deeply with our vision for **Longevity Clinics World Directory** (<https://longevity.technology/clinics/>) – connecting people with validated, evidence-based clinics that deliver trustworthy, science-driven care.

A global platform for shared learning

The summit embodied what longevity medicine should be – collaborative, evidence-led and globally connected. Hearing perspectives from across regions was both inspiring and humbling.

There's so much to learn from the blend of Eastern and Western approaches, and it's clear the Asia-Pacific region will play a central role in shaping the next era of longevity care. The launch of LCW adds another layer to that story – a shared framework for clinics to learn from one another and move the field forward together.

I'm already looking forward to the next event!

Ourself Longevity Clinic Directory

(<https://longevity.technology/clinics/register-your-clinic/>) is launching soon – so clinics interested in being included are encouraged to get in touch and submit their details for consideration – **CLICK HERE** (<https://longevity.technology/clinics/register-your-clinic/>) to find out more.

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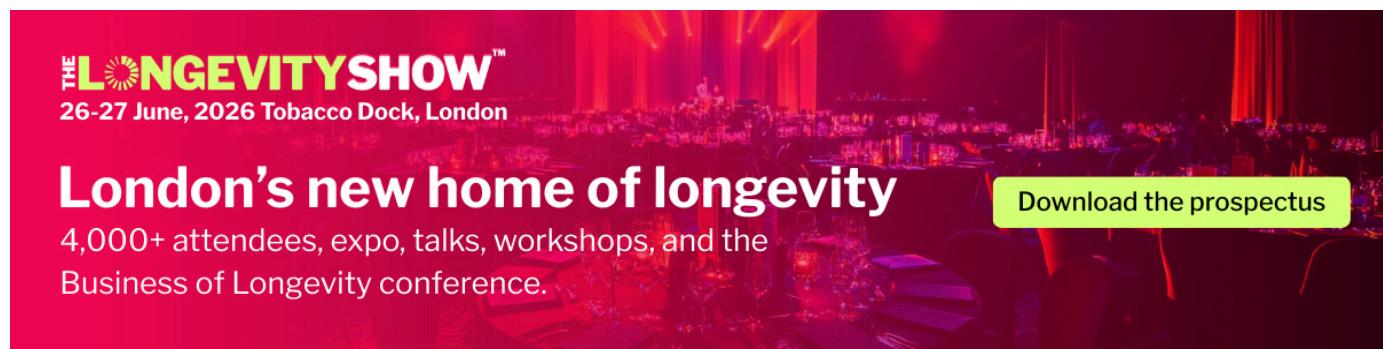
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